



## City of Gaithersburg Press Release

**Contact:** Public Information Director  
City of Gaithersburg  
301-258-6310  
cityhall@gaithersburgmd.gov

### For Immediate Release

## Restore & Regenerate with NOWmaste at Kentlands Mansion

**Gaithersburg, MD - (April 4, 2019)** In partnership with New Orchestra of Washington, Gaithersburg's *Arts on the Green* invites you restore and regenerate your mind and body with NOWmaste, featuring live music and yoga, on Sunday, April 28, 2019, from 10:30 a.m. to Noon in the side garden of Kentlands Mansion, 320 Kent Square Road. Following the yoga practice, refresh with a juice tasting. This event is recommended for ages 10 and older. Tickets are \$20 and can be purchased online [here](#).

The elegant, beautifully landscaped 19th century estate offers the perfect backdrop to reflect, recharge, and return to a deeper state of connection. Treat your mind and body to a peaceful immersion of live flute music, performed by [Conor Nelson](#), and gentle and mindful movement led by yoga instructor Sharon Neubauer, owner of [Opus Yoga](#). Embrace a different approach to music and slip into a heightened state of listening through yoga with a focus on meditation and breathing. Bring your own yoga mat.

The [Arts Barn](#) and [Kentlands Mansion](#) are *Arts on the Green*, the City of Gaithersburg's home for the performing and visual arts. Patrons at both venues enjoy a wide range of quality theater, music and art programs. For more information visit [gaithersburgmd.gov](#) or follow us on [Facebook](#), [Twitter](#) or [Instagram](#) at *ArtsontheGreen*. Follow Kentlands Mansion on [Pinterest](#), [Instagram](#) and [Facebook](#).

###